

POST OPERATIVE INSTRUCTIONS CHIN AUGMENTATION

Patient Name :

DOB:
Surgery Date:

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following a chin implant surgery include:

Swollen, tight and bruised chin or jaw region. A firm feeling of the skin or tingling in the area where an implant has been placed. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

Consistent sharp pain should be reported to our office immediately.

To alleviate discomfort, and to reduce swelling, keep head elevated more than 30° and apply cold compresses to your chin. Do not apply ice or anything frozen directly on the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure, this could cause the implant to shift or dislodge. Apply cool compresses for no longer than 20-minute intervals. Do not apply any heat.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever**
- **Pain that cannot be controlled by your pain medication.**
- **Continuous bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to one region of your chin or jaw.**

DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you. These instructions should be read and available to you and your caregiver before and after surgery.

Rest, but not bed rest. While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

POST OPERATIVE INSTRUCTIONS CHIN AUGMENTATION

Patient Name :

DOB:
Surgery Date:

_____ **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated 30° or more. Do not bend forward or over.

- **Take all medication, exactly as prescribed.** Oral pain medication, antibiotics and other medications you may be prescribed include:
- **AntNorco (10/325)** 1 tab every 6-8 hours as needed for pain relief.
- **Colace** as needed for constipation (stool softener).
- Continue **healing supplements/surgery vitamins** until gone.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause transient blurred vision with enlarged pupil if your eye is rubbed.*
- **Ondansetron (Zofran) 8 mg** ODT every 6-8 hours as needed for nausea.
- **Clonidine patch-** do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg-** take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND) 40 mg** tablet #1. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days. **ibiotic** - take pills as directed at pre-op appointment. This medication is used instead of zofram.

_____ **If incisions are inside your mouth, use an oral rinse (1/2 strength hydrogen peroxide mixed with water)** after every meal, before bedtime, and at least 4 times per day.

_____ **If incisions are beneath your chin or outside your mouth,** do not remove any steri-strips. Gently clean with 1/2 strength peroxide and gently apply bacitracin ointment if no steri-strip.

_____ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke for at least 3 weeks before and after surgery.

_____ **Relax.** Do not engage in any stressful activities. Take care of only yourself. Let others tend to you.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post operative visit, or within: _____ days.

Your post-operative visit is scheduled for: _____

- **Continue to use your oral rinse and/or ointment as directed.**
- **Take antibiotic medications and supplements as directed.** Take pain medication only as needed. You may wish to switch from prescriptive pain medication to acetaminophen.
- **Continue to keep your head elevated, including when sleeping.**

POST OPERATIVE INSTRUCTIONS CHIN AUGMENTATION

Patient Name :

DOB:
Surgery Date:

- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

ONE to FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Pain medications can include ibuprofen.**
- **Refrain from direct sun exposure.** If you are outdoors, apply at least an SPF 30 at least 30 minutes prior to sun exposure. The skin surrounding your chin implant is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Do not smoke.** Smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **You may begin sleep in a modified reclining position.** However do not sleep lying flat or on your stomach. If you are a side sleeper, two pillows under your head, and a soft pillow under your mid-back and shoulders may offer more comfort.

SIX WEEKS FOLLOWING SURGERY

Healing will progress; swelling continues to diminish.

- **Discomfort or tightness and tingling around the implant will resolve.**
- **You may ease into your regular fitness routine.** However, if you are going to engage in any contact sports you must wear proper protection.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature

Date

Printed Name of Patient

Signature of Practice Representative and Witness